

NAMI SANTA CLARA COUNTY NEWSLETTER

Water Tower Plaza II, 307 Orchard City Drive, Suite 205 · Campbell, CA 95008

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A Volunteer Grass Roots Organization "The Family's Voice on Mental Illness" Volume XXVIII, No. 10 October 2005

COUNTY MENTAL HEALTH EMERGENCY

SERVICES AND REFERRALS

EMERGENCIAS – Call 911 and

Request a Crisis Intervention Team (CIT) Officer.

FOR SERIOUS MH HELP & COUNSELING

Call SUICIDE & CRISIS – 408/279-3312

CRISIS OUTREACH REFERRAL EDUCATION

SERVICES or "CORE" (Formerly called ACCESS)

For all services – call 1-800/704-0900.

Mon. thru Fri. – 8 AM to 5 PM –Info. & Referrals.

All other times – on-call staff answers calls.

English, Spanish, Vietnamese competencies at all times.

24-Hour Emergency/Crisis Intervention.

OFFICE OF CLIENT EMPOWERMENT: 408/254-5350

NAMI SANTA CLARA COUNTY OFFICE INFORMATION/REFERRALS

Call **408.583.0001** between 10 AM and 2 PM weekdays or
leave a message on the recorder.

NAMI SANTA CLARA COUNTY EVENING HOURS INFORMATION/REFERRALS

Lee Gernand 650/322-6878

Luisa Perez (Se habla español) 408/378-6988

Manuel Andrade (Se habla español) 408/255-7474

Billie Mechanic 408/238-6488

Kwei-Ying Lee (Cantonese/English) 408/997-6286

NAMI Acronym Change Reflects Grassroots Resolution

The NAMI National Board of Directors, at their August 27, 2005 board meeting, formalized the recent resolution regarding the revised explanation of the NAMI name. The resolution, put forth by NAMI San Fernando Valley (CA), was passed by 65% of the vote at the NAMI Convention in June and reflects the "person-first" language embraced by NAMI's grassroots:

RESOLVED that the letters in "NAMI" the organization's name, shall stand for "National Alliance on Mental Illness" instead of "National Alliance for the Mentally Ill."

Lost at September General Meeting

**A yellow jacket with Rivera in black on the back.
Please return to Mrs. Poujade at 408/253-6073.**



General Meeting on Tuesday, Oct 11, 2005

Have You Ever Wondered Just Exactly

What You Can Ask of Your Case Manager?

Moderator: Laura Champion

Panel Members: Bill Griffiths, Conservator

Maria Renick, LCSW

Chris McKowen, M.A.

Just Ask!

**Where: El Camino Hospital Auditorium at
2500 Grant Road, Mountain View**

Time: 7:00 – 9:00 PM

Do you know what a case manager does *exactly*? Or why one person has a conservator and another does not? Bring those questions and any others you might have to our October meeting, where we will have a panel of experts to answer your questions and give you an overview of each position and the ways in which they can serve you.

The panel's moderator is **Laura Champion**, Senior Clinical Director at Eastfield Ming Quong. She is in charge of their Wrap Around Program, which provides integrated and coordinated services to specific clients. She also heads the Matrix Program, which is a shelter alternative. Laura has a wide range of knowledge in all aspects of behavioral therapeutic care. **Panel members include Bill Griffiths**, conservator from the Public Guardian's Office; **Maria Renick**, LCSW at Central Mental Health and a County Case Manager; and **Chris McKowen**, M.A., Private Case Management, who has worked in residential drug and alcohol treatment for over 12 years. For the past two years he has worked privately providing support and assistance to people with mental illness.

We will meet in the auditorium of El Camino Hospital at 7PM, with everyone sharing information and welcoming newcomers. At 7:30 PM there is a half-hour information session on NAMI Santa Clara County activities. Featured program presentation is 8:00 to 9:00 PM

Driving Directions to El Camino Hospital:

Take I-280- North toward San Francisco. Take CA-85 North toward Mountain View. Merge **onto East El Camino Real/CA-82 North toward Mtn View. Turn left onto Grant Road.** Follow to **2500 Grant Road in Mountain View.** Or find it online at www.Yahoo.com–Maps –or- www.mapquest.com

NOTE: Dr. Robert Reiser will be our November speaker. He will talk about his research using Cognitive Behavioral therapy with bipolar disorder. We will meet at Good Samaritan Hospital Auditorium in San Jose for the **November 8, and June 13, 2006 meetings**, and we are negotiating with Santa Clara University for other meeting dates – stay tuned!

NAMI California Annual Conference, 2005

Selected Workshop Summaries by Carol Irwin, D.C.

The following is a concise outline of some of the workshops presented at the conference. As there were many given at the same time it was not possible to cover them all. Since my interest lies in the latest research for treatment of mental illness and wellness recovery models, the following is a brief overview.

Brain Stimulation And Electro Convulsive Therapy (ECT)

by Calvin Flowers, M.D., Medical Director, Good Samaritan Hospital, Bakersfield, CA

Dr. Flowers discussed the indications, traditional and current use, response, treatment plans, side effects, patient preparation and research of ECT (electro convulsive therapy). Dr. Flowers believes that this modality is not used enough and is more effective and safer for suicidal ideation than anything else. Although, the history of ECT connotes a negative response for many and has a history of inappropriate use (coupled with its depiction in the play, "One Flew Over the Cuckoo's Nest"), there is significant data to support positive and promising use in many conditions where treatment is scant.

ECT resets the electrical baseline of the neurotransmitters in the brain. Used in conjunction with Clozaril it has shown to be the most effective treatment for refractive schizophrenia. Indications for ECT include: depression, (traditional use) bi-polar disorder, refractory schizophrenia, epilepsy, status epilepticus, intractable seizures, Parkinson's, and neuroleptic malignant syndrome. It is recommended in limited use for mania. Currently researchers are investigating its use for Alzheimer's and chronic pain disorders. In an article in *Lancet 2005*, researchers are supporting its use in patients with dementia. It has excellent results in older patients with depression. It has been reported that the higher the dose the more effective the treatment. Lower doses do not result in significant change in condition.

ECT had an 80% across the board positive response in patient results. Research done at Yale showed that ECT promoted cell proliferation in the brain tissue after a course of treatments. Some patients have shown dramatic response, even after a short treatment.

The side effects of the treatment vary from no effect to the following: headache, nausea, confusion, post ECT delirium (30 minutes) related to the anesthesia, memory anterograde and retrograde deficits, residual cognitive impairment, and prolonged apnea (sleepiness). The majorities of these side effects are short term and resolve after the treatments are completed. Mortality rate is rare, it is safer than childbirth, and preferred by some to going to the dentist (reported in Britain). There are no absolute contraindications, and it is not painful.

The doctor decides what the frequency of the treatment will be. Most patients have from 1-12 treatments, with the average being 8. Then the patient is maintained by interval treatments to support the response. Some patients can be sustained on meds after ECT, and maintenance is variable. Some medical conditions rule out the use of ECT.

Trans Cranial Magnetic Stimulation

There was a brief discussion of the use of magnets to treat depression and schizophrenia. Usually one magnet placed at the side of the head. This is more of an MRI technology without the use of electrical stimulation and the research is promising.

Health Disparities Of The African American

by Curley Bonds, M.D., UCLA School of Medicine:

Dr. Bonds discussed the relationship of the incidence of illnesses specific to the Afro-American population and the lack of equitable healthcare available. Suicide rates are on the rise and there is a diagnosis bias toward schizophrenia when there may be related alcohol and substance abuse disorders. The ethnopsychopharmacology is different and absorption and excretion factors can change the blood brain barrier conditions. Therefore, meds have a different course for treatment using these factors. Afro-Americans respond better to tricyclic medications. Lithium may report greater toxicity problems.

In Our Own Voice: Living With Mental Illness

by Dave Radojevich: Certified Presenter for I00V and Krista Radojevich, Certified Presenter for I00V & California State Trainer for I00V

A father and daughter take us on their journey toward recovery and hope through "their stories." Dave Radojevich and Krista Radojevich shared their stories of the "dark days" of living with a mental illness, to acceptance, and finally to recovery. They hold seminars for clients and have started support groups to foster relationship building and coping strategies. Some of the techniques they teach: Take care of yourself, have fun, keep to a routine, go to bed and wake up the same time every day, write in a journal, use humor. Talk therapy is helpful as well as reading. Small successes every day are important, and think clearly on small tasks. They teach knowing and understanding what triggers to avoid for yourself and what medications do. There was a Q & A period following their presentation. Their talk was truly inspiring for anyone seeking hope!



NAMI Santa Clara Vice President Luisa Perez Honored at the NAMI California 2005 Convention (L to R) Mr. Jim Johnston, Family-to-Family Coordinator for CA, Luisa Perez, Dr. Ralph E. Nelson, Jr., President of NAMI CA and NAMI Tulare

NAMI Santa Clara VP **Luisa Perez** was honored at the NAMI California 2005 Convention for her outstanding work with the Familia A Familia Program. Luisa has been promoting this program tirelessly in the Hispanic community. She has been teaching the program for the past six years, and last year even taught it at Watsonville. Luisa is also working as a trainer for the program and has been instrumental in recruiting teachers and trainers for it. Way to go Luisa!

Reflections on the NAMI State Conference

by Victoria Yeh, Peer-to-Peer Mentor

I recently attended the 27th annual NAMI state conference held in Irvine on August 19 & 20. The theme was "The Many Faces of NAMI California: We're All One Family." For me, it felt like a family meeting new people, listening to and participating in various workshops, and sharing resources and knowledge with NAMI members from across the state. I traveled to the conference with two of my fellow Peer to Peer mentors—**Melody Rodriguez** and **Cheryl Aronowitz**. Together we all experienced first-hand the dynamics of a state conference together.

On the first day, we began with NAMI California president **Ralph Nelson, Jr.**, M.D., opening the conference and introducing several dignitaries from state and local government, who wished us well with, among other things, the implementation of the Mental Health Services Act. **Stephen Mayberg**, Ph.D., director of the California Dept. of Mental Health, discussed interesting statistics in the state's history of working with mental health issues, particularly forensic and criminal. They looked at what has and has not worked and are building programs around the consumer and families to help reduce the 60% return rate within 6 months of leaving mental health services. Two doctors then discussed controversies in the treatment of bipolar disorder and improving treatment adherence with mental health patients.

Author **Bebe Moore Campbell** mesmerized the audience with readings and discussion from her new book, "Seventy Two Hour Hold" (which is in the NAMI Santa Clara office library). Many of us attended a Consumer Forum and discussed issues facing consumers across the state and how to effectively disseminate info. We collectively decided that the voice of the consumer needs to be heard more often and that more consumer led workshops should be included in NAMI conferences at the state and national levels.

I attended "Drawing out the Feeling," an expressive art workshop presented by several artists/educators. It was interesting to see how moods such as anger and sadness are universally represented even when expressed only by lines. It was interactive and informative and included materials to share with local NAMI affiliates. "Ask the Doctor" workshops followed on bipolar and schizophrenia topics and a lively question and answer period ensued. The highlight of the evening was the dinner, which included an African drumming troupe as the entertainment, and dancing into the evening.

Dr. John Tsuang's presentation on treatment of co-occurring disorder patients was both entertaining and informative. Tsuang, an Associate Clinical Professor of Psychiatry and Director of the Dual Diagnosis Treatment program at Harbor/UCLA Medical Center, was also the recipient of the Don & Peggy Richardson Memorial Award, NAMI's highest honor.

Even the many exhibitors had a good deal of educational, informational material for all of us to share. Overall, it was a

chance for consumers, families, friends and providers to exchange information and ideas and learn from one another, and continue the work that has brought us so far. It also reminded us of the challenges that we face ahead, and the important work that NAMI

continues to do. It was inspiring, educational and a wonderful environment in which to share our stories, experiences and hope for a better future.

*"I need to be with people I can
talk with
and who understand...."*



- * More families are seeking assistance for children of parents with serious mental illnesses.
- * Friends are trying to keep informed about the illness that affects the daily functions of their long time friends.
- * Consumers are seeking ongoing support groups.

NAMI members are receiving calls for help from people from other counties where a local NAMI is not available. Internet access has placed each local affiliate in every state on call! No matter who is listed at the websites, consumers, families, and friends anxiously call, seeking education, resources, and support.

Locally, NAMI Support Groups offer a non-threatening environment for accessing the resources of the group and the local affiliate. It surprises many who attend the support groups how new options appear when all hope seems lost.

Now that a new NAMI Support Group will be available in Morgan Hill soon, please consider helping the group facilitator by attending as a resource for others. Please call 408/229-9808 if you have time for this small, timely commitment.

The 2nd Wednesday of the month NAMI Support Group meets at the NAMI office in Campbell, 7-8:30PM. The 4th Thursday of the month NAMI Support Group remains at the Alliance for Community Care in San Jose, 7-8:30PM. These are drop-in groups for support, resource information, and sharing for friends and family of the mentally ill. (see pp 4-5).

NARSAD Artworks Holiday Cards Sunshine From Darkness

NARSAD Artworks is an all volunteer nonprofit organization created under the auspices of the National Alliance for Research on Schizophrenia and Depression (NARSAD) whose sole mission is to raise and distribute money to fund research into the severe mental illnesses. Net proceeds of our products flow to NARSAD. All NARSAD Artworks are created by artists who have or have had a mental illness. They are paid at prevailing commercial rates. Packaging has been done by persons with brain disorders working in paid rehabilitation programs.

For more information about NARSAD or to get a **NARSAD Artworks catalog**, contact:

NARSAD Artworks, PO Box 941, La Habra, CA 90633 (800) 607-2599

SUPPORT GROUPS CALENDAR

NAMI Education Programs

NAMI Santa Clara County Family-to-Family

12-Week Education Program: Are currently full – but you can put your name on the waiting list; next classes in January, 2006. Call **Kathy Forward at 408/374-4461.** (Spanish) **Llame á Luisa Perez at 408/378-6988.**

NAMI Santa Clara County Peer-to-Peer Classes

9-week-2 hours per week experiential education course are on a regular basis. For signup call **Donna at 408/583-0001.**

NAMI Santa Clara County Support Groups: Drop-Ins are encouraged!!

NAMI Support Group for Family & Friends North County 4th Monday of the Month @ 7 PM

St. Timothy's Episcopal Church, 2094 Grant Road, Guild Room (Cuesta), Mtn View. **Navah Statman at 408/253-7623.**

NAMI Support Group for Family and Friends 2nd Wednesday of the Month @ 7-8:30 PM

NAMI Santa Clara County Office, 307 Orchard City Drive, Suite #205, Campbell; **Barbara Saxon at 408/229-9808.**

Family and Sibling Support Group 4th Thursday of the Month @ 7-8:30 PM

Alliance for Community Care, 2001 The Alameda, San Jose. Contact **Barbara Saxon at 408/229-9808.**

NAMI SCC Support Group at the Jewish Family and Children's Office 4th Tuesday of the Month @ 7-9 PM

Jewish Family & Children's Services Office; 913 Emerson Street, Palo Alto, 94301 – contact **650/688-3046.**

Christian Support Group 1st Wed @ 1:30-3PM and Every Thursday of the Month @ 6:45 to 8:30 PM

For those coping with a mental illness and/or those in a supporting role. Meets at Presbyterian Church's Library 950 Santa Cruz Avenue. Menlo Park - Contact 650/968-5459.

New Spanish Group starts 9/28: Se Habla Español: - 4th Wednesday of the Month @ 7-9:30 PM

Centro de la Cominidado Dorsa, 1290 Bal Harbor Way, San Jose. Llame á **Luisa Perez - 408/378-6988.**

Grail Community Center Every Friday @ 10 AM-12:00 PM (noon)

2003 E San Antonio St, San Jose (at Sunset & San Antonio).

Llame á **Erika Alvarez - 408/347-7892** & Llame á **Luisa Perez - 408/378-6988.**

Zephyr Central County Self-Help—Spanish Speaking

Amigos Para Amigos en Espanol:

los martes de 1:30 -2:30 PM; Las clases comienzan el dia Martes 26 de Abril. Pora informacion, llamar a **Nancy Fruttero** al telefono **408/685-7245** o **408/978-2211**

687 N. King Rd (at Mabury) SJose **Alma Alicia - 408/254-5350**

Spanish Speaking Support Group

Es para todo aquel que quiera saber mas sobre la salud mental no solo para el enfermo sino tambien para su familia. To esperamos para ayudarlos amigos.

The Phoenix North County Self Help—Spanish speaking and monolingual Spanish support groups; also Peer Counseling: Consejeria con un consumidor

116 Hamilton Ave (Alma) Palo Alto

Marra or

Sergio - 650/463-5600

E-mail: **Sergio 19682004@yahoo.com**

Crossroads Village on White Road in East San Jose: 408/254-6848

Chinese-Speaking: NAMI SCC Support Group --1st Thurs of the Month @7-8:30PM

Alliance for Community Care—Contact **Jill Chen at 408/938-6773 x222**

Chinese Christian Support Group: 3rd Thursday of the Month @7-9 PM

Mountain View Chinese Christian Church, 175 E. Dana St., Mtn. View,

Contact - **Jen Hong @ 408/996-1016**



Columbus Day!

Schizophrenia and/or Schizoaffective Disorder Support Groups:

Schizophrenia Support Group for Family and Friends 1st & 3rd Monday of the Month @ 7-9 PM

Drop-in group; no registration required. Contact **Wendy Duggal at 650/723-6678**

Dept. of Psychiatry & Behavioral Sciences, 401 Quarry Rd. corner Arboretum, Psych Bldg. (1st Floor). Rm. 1211 Stanford.

Schizophrenia and/or Schizoaffective Disorder for Clients 1st & 3rd Monday of the Month @ 1-2 PM

Drop-in group; no registration required. Dept. of Psychiatry & Behavioral Sciences, 401 Quarry Rd., corner of Arboretum, Psych Bldg. (2nd Floor), Room 2210. Stanford University - Contact **Wendy Duggal at 650/723-6678.**

Depression/Bipolar, Mood Disorders, and/or Anxiety Disorder Support Groups:

Childhood Bipolar Disorder **3rd Wednesday of each Month, 7-9 PM**
 Parents Helping Parents, 3041 Olcott Street, Santa Clara 95054. Please call PHP at **408/727-5775** for more info or to register.

Depression & Manic Depression for Clients, Family & Friends, **Every Wednesday 11 AM-1 PM**
 In Palo Alto; and 1st, 2nd, and 3rd Friday in Los Gatos, contact **Michelle Nelson** at **408/294-4991**.

Mood Disorder Group for Clients, Friends & Families with Bipolar, Depression, or Anxiety Disorders - 1st, 2nd, & 3rd Thursday of the Month, 6:30-8:30PM
 Phoenix North County Self-Help Center, 116 Hamilton Ave., between Alma & High, Palo Alto.
 For info contact **Katherine Lerer** at [//www.phoenix.lucidinterval.org](http://www.phoenix.lucidinterval.org) or call **650/463.5600**.



Happy Halloween!

Obsessive Compulsive Disorder Support Groups:

Support Group **1st Saturday of the Month @ 10-12:00 PM**

Kaiser Permanente, 900 Kiely Blvd, Bldg. B, Conference Room.
 The building faces Kaiser Drive in Santa Clara. Contact **Judy** at **650/254-1298**

Bay Affiliate of OCD Foundation **Every other Monday of the Month at 3:30 PM & Every Wednesday at 7 PM**
 Contact **Scott Granite** at Palo Alto Medical Clinic, 795 El Camino Real @ **650/853-2904**. \$42/session

Self-Help Centers Support Groups: Drop-ins welcome!

Support Groups at Zephyr Central Self-Help Center: **408/254-5350**
 687 N. King Road (at Mabury) San Jose CA 95133; ask for Jennifer Jones and Llama a Alma Alicia.

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|---|--|---|---|
| Psychology Class 10:00-11:00AM Tuesdays | Spirituality & Wellness: Every T 12 :15-1:15PM | Music Group: Every Wed 12 – 1 PM | Depression Support Every Friday at 2-3 PM |
| Grupos en Espanol! Te esperamos! Tues 1:30-2:30PM | Mood Disorders Support Group, Every Tues 1-3PM | Beading Craft Group: Every Th at 10:30-noon | Circle of Trust (Women's Group): Every Fri at 11-12 PM |
| Computer Lab: Begin. MS Windows, Tu & W @ 12-1 PM | Men's Group: Every Weds at 11-Noon | Exercise Class: Every Th at 1-2PM | Dual Recovery Anonymous (DRA): Every Fri at 12 noon - 1 PM. |
| Inside Outside—Peer Support Group: Every Tues at 11-Noon | Mental Health Support Group: Every Weds at 1-2PM | Schizophrenic Support Every Fri at 1-2 PM | New Group is coming soon! |

Support Groups at The Phoenix North County Self-Help Center: **650/463-5600**
 116 Hamilton Ave (Alma) Palo Alto CA 94301 [//www.sccselfhelp@yahoo.com](http://www.sccselfhelp@yahoo.com)

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|--|--|--|
| Journaling: Every Tu at 1-2 PM | Thinking Person's Depression Support Group: Every Tu evening at 7-9 PM | Movies: Enjoy Chips/Popcorn & BBQ: Every Th @ 1-3 PM |
| 1:1 Art Instruction: Tu 1-3 PM | Bipolar and Depression Support Group: Every W @ 11 AM – 1PM 408/294-4991 | PTSD Support Group: Every Th @ 3-4 PM |
| Dual Recovery Anonymous: Every Tu at 1:15-2:15 PM | Wellness Recovery Action Plan Group Every W @ 2-3 PM | Mutual Support Peer Counseling 1:1: Every Th evening at 4-6 PM |
| Men's Group: Every Tu at 3-4 PM | Mutual Support Peer Counseling 1:1: Every W @ 4-6 PM | Bipolar and Depression Support Group: 1 st , 2 nd , & 3 rd TH @ 6-8 PM |
| Schizophrenics Anonymous: Tu 2-3 PM | Ask for Doug Murphy 650/463-5600 | Also, Se Habla Español aqui! |
| Mutual Support Peer Counseling 1:1: Every Tu evening at 4-6 PM | | |

Centro del Valle South County Self-Help Center **408/848-5037 (Miguel) or 408/848-0638 (Monia)**
 1215 1st Street, Gilroy, CA 95020. Mon – open 8:30-11:30 AM (men's & ladies' groups, various topics); Weds – 8:30-3:30 PM (computer class, games & wants); Fri – 8:30-3 PM (movies, walking & games)

Office of Client Empowerment **408/254-5350**
 Alma Alicia C. Garza—408/885-6285 & 408/885-6259—Spanish-speaking

Other Workshop & Groups

Behavioral Health Outpatient Service and Older Adult Group Therapy (over 65 years)Every Wednesday @ 1-2:30 PM
 Good Samaritan Hospital@ Mission Oaks - For more information, contact **Clara Adams, LCSW**, at **408/358-5653**.

Grief Support: Center for Living and Dying—**408/980-9801**

Anger Management Group for Adults /Mental Disabilities **Mondays @ 1:30-2:30PM /or Thursdays @ 9:30-11AM**
 Grace Community Center, 484 E. San Fernando St., San Jose. Contact **Matthew Zito** at: **408/293-0422**

Fireside Friendship Club **Every Wednesday of the Month (Monthly Fee) 10AM-2PM**
 ACT for Mental Health, Inc., a Life Skills Social Club for people with mental disabilities and physical limitations.
 441 Park Ave, San Jose (upstairs). Call 408/287-2640 for more information.

**What's Happening in the Mental Health Community?
Santa Clara County Mental Health Board Calendar, October/November 2005
All meetings are open to the public. You are welcomed and encouraged to attend!**

| | | | |
|--------------------------|-------------------|---|------------|
| 1 st Thursday | 10/6/2005 | SYSTEM PLANNING & FISCAL COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose | 3:00 pm |
| 2 nd Thursday | 11/10/2005 | FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose | 3:00 pm |
| 2 nd Monday | 10/17/2005 | MENTAL HEALTH BOARD, East Valley Clinic 1993 McKee Road, San Jose | 12:00 noon |
| 3 rd Thursday | 11/17/2005 | ADULT/OLDER ADULT SYSTEM OF CARE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose | 9:00 am |
| 3 rd Tuesday | 10/18/2005 | MINORITY ADVISORY COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose | 12:00 noon |
| 4 th Tuesday | 10/25/2005 | EXECUTIVE COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose | 3:00 pm |

NAMI OF SANTA CLARA COUNTY OPEN BOARD MEETING -- The NAMI Santa Clara County Board Meeting will be held on the first Tuesday evening of the month. The next meeting is scheduled for **October 4** at 7:00 pm. Please include this date in your calendar and **plan to attend at the NEW NAMI Santa Clara Co. Office, 307 Orchard City Drive #205, Campbell. Everyone welcome!**

Santa Clara County Mental Health Board Mental Health Services Act Public Hearings

The Santa Clara County Mental Health Board will be conducting three hearings to obtain public comments and input on the Santa Clara County Mental Health Department's Mental Health Services Act (MHSA) Program and Expenditure Plan for Community Services and Supports. Attend any one these hearings if you wish to comment on or provide input to the draft plan.

The MHSA provides for a comprehensive approach to the development of community based mental health services and supports for the residents of California. Counties are required to develop a three-year plan to receive funding under the MHSA. Hearing Dates, Times and Locations include:

Monday, November 14, 2005 1:00-4:00 PM

Isaac Newton Senter Auditorium, 70 West Hedding St., San Jose
Note: This hearing is being held in lieu of the regularly scheduled MHB meeting

Wednesday, November 16, 2005 4:00-7:00 PM

St. Francis Center 7950 Church Street, Gilroy, CA

Thursday, November 17, 2005 7:00-10:00 PM

Mtn. View City Council Chambers, 555 Castro St., Mtn. View

For further information on any one of these three hearings, please contact Kathy Peters at the Mental Health Board Office, at **408/885-5779**. Meetings are open to the public—please come!

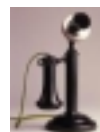
NAMI SCC Mission Statement

NAMI Santa Clara County helps mentally ill persons, families, and the community by providing support, education, and advocacy for those suffering from mental illness; promoting research, reducing stigma and guilt; and improving services by working with health professionals and families.

Volunteer Training Meeting Oct 18: "Ask Navah!"

The third monthly NAMI Volunteer Meeting will be held on **Tuesday, October 18, at 2:00 PM**, at the NAMI office. Our speaker will be **Navah Statman**, NAMI SCC President, who will answer any of your questions! The past 2 meetings have already helped us to grow in servicing & understanding the needs of our community. If you can come early, please help us fold newsletters for an hour. Looking forward to seeing all you wonderful volunteers! Call **JoAnn** or **Rose** at **408/583-0001** and let us know how **you can help!**

NAMI SCC Needs Thursday Morning Volunteer!



We need a volunteer to answer the phone at the NAMI Office front desk on Thursdays from 10 AM to 12 Noon. Training is done at your convenience. You would not only receive the support of our wonderful, committed team of volunteers, but it is also a GREAT opportunity to understand, learn, and then give back to our community. If you can help, please call **Rose Brown** or **JoAnn Snider** at **408/583.0001**.

Tuesday Evening Book Discussion Group

If you have a book you'd like to read and discuss with others, or are interested in joining us on the **3rd Tuesday evening each month (October 18)**, please call or e-mail **Mary Girodo** at: **mgirodo@hotmail.com** or phone **(408) 257-7784 (H)** or **408/975-5394 (work)**.

NAMI Santa Clara 2005-2006 Board

President: **Navah Statman**
Vice Presidents: **Bob Williams, Luisa Perez, Erin Benford**
Treasurer: **Monica Nay**
Secretary: **Michael Whitney**

NAMI Responds in the Wake of Hurricane Katrina

NAMI has collaborated to provide support to the state organizations, local affiliates, consumers, and family members affected by this terrible tragedy. Establishing a resource center for victims of the hurricane and for those wishing to provide support. The NAMI HURRICANE KATRINA RESOURCE GUIDE is available on the NAMI Web site

<http://www.nami.org/hurricanekatrina> and to our state and affiliate organizations in affected states. It will be updated regularly as information is constantly evolving.

Included on the Web site as well is a Message Board for NAMI members and friends of NAMI to offer support and assistance as well as provide information within our community; Referral/Resources for victims concerning medication, housing, financial assistance and more; plus Referral and Opportunities for those who want to donate or volunteer in ways that target our priority population.

NAMI has also established the NAMI HURRICANE KATRINA RELIEF FUND and is accepting cash donations. This fund will directly support the NAMI state organizations and affiliates affected by the disaster & engaged in providing direct support to consumers and their families. You may contribute to the fund by going to www.nami.org/donate. In the NOTES section of the donation, PLEASE specify the donation for this named fund. You may also donate by mailing a check written to NAMI, designated for the named fund, and mail to **NAMI, Hurricane Katrina Relief Fund, 2107 Wilson Boulevard, Suite 300, Arlington, VA 22201**. Additionally, you may also make a donation at any Wachovia Bank—Make the donation directly to the NAMI KATRINA HURRICANE RELIEF FUND.

Updated Resource Handbooks Are Ready!

For Consumers, their Families and Professionals in Santa Clara County:

- “Readable” scientific information on the serious mental illness (Schizophrenia, Major Mood Disorder, OCD, etc.) including characteristics, causes, symptoms, and treatment
- Helpful guidelines and coping strategies for the mentally ill
- Treatment and the law
- Financial assistance programs
- A complete guide to Santa Clara County services, including important information on how to access them.

Plus a loose-leaf format for easy insertion of future updates.

Resource Handbooks are available from NAMI SCC for a donation of \$20 and a mailing fee of \$6.

Escrip Renewal Reminder

If you are participating in the NAMI Escrip program to raise valuable funds for our organization, please renew your card before **October 31, 2005**, Go online at www.escrip.com and click on “Yes! Renew” or call 1-800-801-4973.

Eli Lilly & Company Awards \$5K Grant to NAMI SCC

NAMI Santa Clara County thanks Eli Lilly and Company for awarding us a \$5,000 grant in August, 2005 to fund the Resource Handbook and help develop outreach materials for the Spanish-speaking community! Eli Lilly is a research-based company that manufactures pharmaceutical products.

NAMI Honors the Grace Community Center Staff with Annual Community Merit Award

At the September general meeting, NAMI of Santa Clara County presented the Annual Community Merit Award to the **Staff of Grace Community Center** of the City of San Jose. This award is voted by the NAMI Board to a person or an organization that exemplifies significant contribution to the community. The Staff of Grace Community Center were honored for their dedication and hard work on behalf of people with mental illness. The respect they show their clients, and for their contribution to improving their quality of life. Many NAMI families in Santa Clara County whose family members live in downtown San Jose are indebted to Grace Community Center for their welcoming open program.

Grace Community Center (GCC) is a therapeutic recreation and day rehabilitation program, serving adults with mental illness and/or developmental disabilities throughout Santa Clara County. The program fosters the development of social skills, daily living skills, self-esteem, and a greater sense of independence. GCC is the result of a unique partnership between the City of San Jose's Department of Parks, Recreation, and Neighborhood Services and the Santa Clara County's Department of Mental Health, offering social, educational, recreational, and therapeutic programs and activities.

In meeting the therapeutic and psycho-educational needs of adults with mental disabilities in Santa Clara County, the Center has become a model community for the future of therapeutic services. GCC is located in the heart of downtown San Jose bordering San Jose State University, and is easily accessible by major transit lines. Participants are welcome to attend the Center on a daily or occasional basis.

NAMI California Cordially Invites You

to their New Office Open House on Wednesday, October 19, 2005, from 5-9 PM at 1010 Hurley Way, Suite 195, Sacramento CA 95825. There will be hors d'oeuvres and refreshments! Please RSVP to **Barbara.Florence@namicalifornia.org** Or call 916-567-0163 by Monday, October 10, 2005.



The NAMI Santa Clara County Newsletter is published monthly by the Newsletter Crew, including Cole Buxbaum, Editor, and Donna-Jo, Typesetter. Many thanks to our wonderful newsletter folding volunteers—come and join us!

MEMBERSHIP APPLICATION/RENEWAL

NAMI Santa Clara County
National Alliance for the Mentally Ill
307 Orchard City Drive, Suite #205, Campbell, CA 95008-2948

Name: _____

Please specify: Dr. Mr. Mrs. Ms. Miss Other _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail Address: _____

Please accept my membership/renewal at the following level:

- Sign up a friend or colleague (\$50) Consumer/Student (\$10) Single/Family (\$50)
- Mental Health Professional (\$50) Mental Health Agency (\$100) Corporate Sponsor (\$1000)

Please accept my additional donation(s):

- General Fund: _____ In Memory: _____ In Honor: _____
- Other _____ Peer-to-Peer Education Program
- Resource Handbook (Donation of \$20) w/postage (add \$6.00)

Total Amount Enclosed: _____ (Checks to: **NAMI Santa Clara County**)

NAMI Santa Clara County welcomes your annual membership. Memberships are valid one calendar year from the month you begin/renew your membership. Part of your membership dues goes to NAMI state, (\$10.00) and national (\$10.00), which, in turn, automatically registers you as a member on those levels. **Your additional donations help ensure that the organization can maintain the office and programs, as well as purchase the necessary supplies needed for our ongoing support groups. Your donations (including memberships) are tax deductible.**

National Alliance on Mental Illness
307 Orchard City Drive, Suite #205
Campbell, CA 95008-2948

NONPROFIT ORG.
US POSTAGE PAID
CAMPBELL CA
PERMIT NO. #20

RETURN SERVICE REQUESTED

DATED MATERIAL

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